

MEAL TIME 11:45 TO 12:20

# AUGUST 2017

## Shoreline Lake Forest Park Senior Center Hot Lunch



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	1	2	3	4
	<b>Chicken Dumpling</b> Mixed Green Vegetables Dinner Roll w/ Butter Raspberry Jello w/ Banana	<b>Ham Sandwich</b> Lettuce Tomato and Pickles Minestrone Soup Crackers Citrus Fruit Salad	<b>Beef Enchilada</b> Green Salad 1000 Dressing Blackberry Cobbler	<b>Spaghetti with Tomato Sauce</b> Meatballs Garlic Bread Zucchini Banana Pudding
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Meat Loaf</b> Mashed Potatoes Gravy Green Beans Dinner Roll w/Butter Dessert	<b>BBQ Pulled Pork Hoagie</b> On a Bun Baked beans Green Salad Berry, orange fruit mix	<b>Chicken Salad Sandwich</b> Vegetable Soup Crackers Assorted Melons	<b>Southern Style Pork Chop</b> Mashed Potato Gravy Corn	<b>Tuna Salad Sandwich</b> with Lettuce, Tomato Clam Chowder Apricots & Strawberries
<b>14</b>	<b>15</b>	<b>16</b>	<b>Birthday 17</b>	<b>18</b>
<b>Chicken Stew</b> with Red Potato, Onions, Carrots, Celery French Bread w/Butter Dessert	<b>Sausage and Gravy Biscuit</b> Green Salad Baked Pears	<b>BBQ Pulled Pork Hoagie</b> Mixed Green Salad Vegetable Soup Crackers Fresh Oranges	<b>Crab Stuffed Fish</b> Rice Asparagus with Hollandaise Sauce Butter and Roll Birthday Cake 	<b>Baked Fish</b> With Lemon Wedge JoJo Potatoes Cole Slaw Lemon Jello Fresh Melon
<b>Senior Citizen 21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Sauteed Beef</b> Steamed Rice Steamed Broccoli Roll with Butter Pears	<b>Chicken Fried Rice</b> Soft noodles Vegetables Citrus Fruit Salad	<b>Turkey Waldorf Salad</b> Roll with Butter Vegetable Soup Crackers Tropical Fruit	<b>Eggs Benedict Quiche</b> Roll with Butter Fruit	<b>Fish Sandwich with lettuce and tomato</b> Cheddar Broccoli Soup Crackers Fruit Cocktail
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Lasagna with meat</b> Mixed Green Salad Italian Dressing Garlic Bread Fruit Salad	<b>BLT with Turkey</b> Navy Bean Soup Crackers Peaches	<b>Beef Taco Salad</b> Lettuce, Tomato, Cheese, Salsa, Sour Cream, Olives Refried Beans Taco Chips Pears	<b>Bratwurst</b> Sauerkraut Hoagie Roll Potato Salad Mixed Vegetables Fresh Melon	A \$5 donation is suggested for seniors 60 and older. Persons under 60 can enjoy a meal for \$10.00